

# Bean Dip

## INGREDIENTS

- 1, 15oz can fat free refried beans
- 6 tablespoons mild taco sauce
- ½ cup low-fat shredded cheddar cheese

### Optional, for serving:

- Tortilla Chips
- Whole grain tortillas
- Carrots
- Celery

10 MINUTES  
6 SERVINGS



adapted from:  
[sweetandsavorybyshinee.com](http://sweetandsavorybyshinee.com)



# Bean Dip

## INGREDIENTS

- 1, 15oz can fat free refried beans
- 6 tablespoons mild taco sauce
- ½ cup low-fat shredded cheddar cheese

### Optional, for serving:

- Tortilla Chips
- Whole grain tortillas
- Carrots
- Celery

10 MINUTES  
6 SERVINGS



adapted from:  
[sweetandsavorybyshinee.com](http://sweetandsavorybyshinee.com)



## PROCEDURE

1. In a medium pot, add refried beans, taco sauce, and shredded cheese.
2. Heat over medium-high heat, stirring frequently to prevent burning.
3. Serve with tortilla chips, inside whole grain tortillas, carrots, or celery!

## PROCEDURE

1. In a medium pot, add refried beans, taco sauce, and shredded cheese.
2. Heat over medium-high heat, stirring frequently to prevent burning.
3. Serve with tortilla chips, inside whole grain tortillas, carrots, or celery!